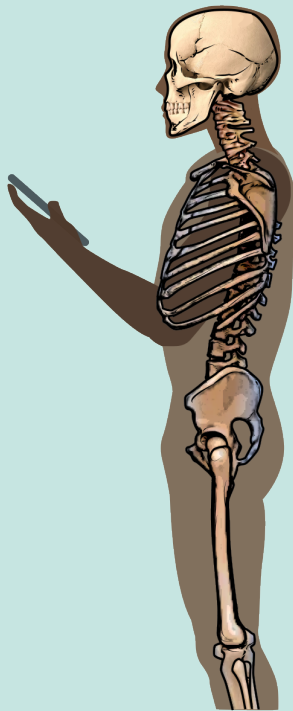


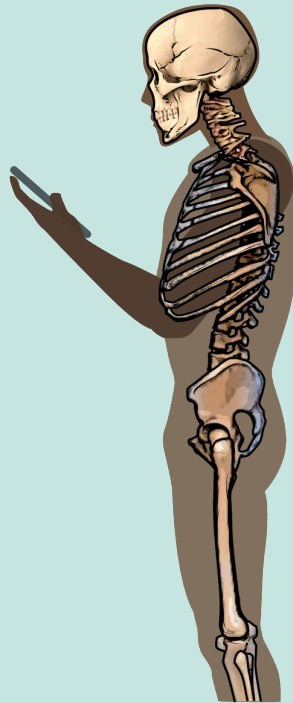
TEXT NECK

Staring down at your cell phone places additional stress on your neck, shoulders, and upper back - causing pain with repetitive use. In fact, for every inch that your head tilts forward, your spine undergoes an additional 10 pounds of strain.

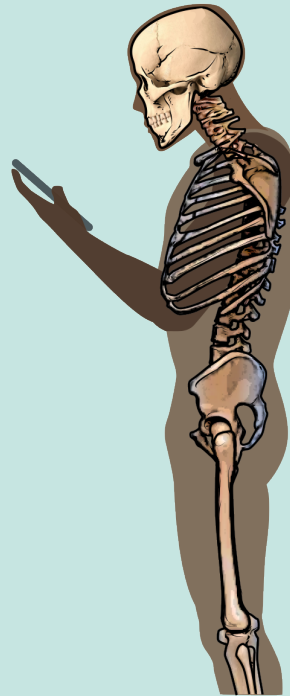
0 Degrees
10-12 lbs



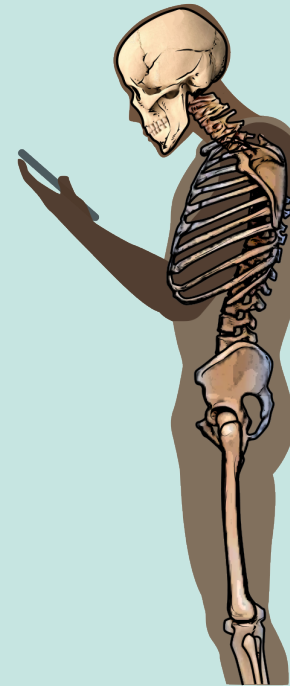
15 Degrees
27 lbs



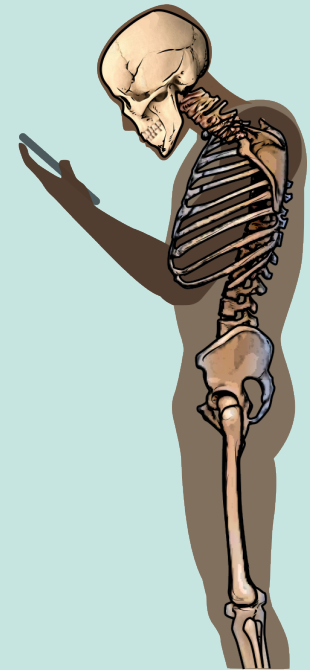
30 Degrees
40 lbs



45 Degrees
49 lbs



60 Degrees
60 lbs



PREVENT IT

Be mindful of your posture while using your tech devices. Position your computer, tablet, or smartphone so that you're not tilting your head downward. Ideally, when holding your head upright, the center of your screen should be at eye level.